



Eat a Variety of Fruits & Vegetables Every Day

## Fruit & Vegetable of the Month



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### Vegetable of the Month: Bell Pepper



Bell peppers are a great source of vitamins A and C. They make a colorful addition to any meal.

#### Varieties

Bell peppers can be found in a rainbow of colors and can vary in flavor. The variety of the pepper plant and the stage of the ripeness determine the flavor and color of each pepper. For example, a red bell pepper is simply a mature green bell pepper. As a bell pepper ages, its flavor becomes sweeter and milder. Red bell peppers contain eleven times more beta carotene than green bell peppers.

#### Selection

Bell peppers are available and are in good supply all year, but they are more plentiful and less expensive during the summer months. Fresh peppers come in variety of colors, shapes, and sizes, but when selecting them, they all follow the same guidelines. Their skin should be firm without any wrinkles, and the stem should be fresh and green. They should feel heavy for their size. Avoid peppers with sunken areas, slashes or black spots.

#### Storage

Store unwashed bell peppers in a plastic bag in the refrigerator. They will stay fresh for about a week. Green bell peppers will stay fresh a little longer than the yellow and red ones.

#### Recipes

**Vegetarian Stuffed Peppers**  
Makes 8 Servings.

#### Green Bell Pepper

Serving Size ½ cup, chopped (75g)

##### Amount Per Serving

Calories 20

Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1.5mg	0%
Total Carbohydrate 5g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A	4%
Vitamin C	60%

#### Red Bell Pepper

Vitamin A	45%
Vitamin C	240%

#### Yellow Bell Pepper

Vitamin A	2%
Vitamin C	230%

\* Percent Daily Values are based on a 2,000 calorie diet.

### Ingredients

4 red  
or  
green  
bell  
pepper  
1  
pint  
or 2  
cups  
cherry  
tomato  
1  
medium  
onion




1  
cup fresh basil leaves  
3 garlic cloves  
2 tsp olive oil  
¼ tsp Salt  
¼ tsp pepper

Preheat oven to 425°F. Lightly oil a large shallow baking pan. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems. Halve cherry tomatoes and chop onion and basil. Finely chop garlic. In a bowl toss tomatoes, onion, basil, garlic, 2 tbsp. oil, salt and pepper to taste. Divide mixture among peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Nutritional Analysis per serving: Calories 41, Total Fat 1.4g, Saturated Fat 0.3g, Carbohydrates 7g, Protein 1g, Cholesterol 0mg, Fiber 2g, Sodium 78mg, Carbohydrates 63%, Protein 10%, Fat 27%.



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